

Upper Michigan



Christmas Greetings!

Let's Get Moving Northern Michigan!

In this program healthcare providers across Northern Michigan team up with local sponsors and local government to encourage adults, children, and families to set personal goals and make activity part of their daily lives.
check below link for info

www.lgmnm.org/site/3526/default.aspx

Roscommon

Community Recreation,
Activities and Fitness Center
606 Lake Street , Roscommon, MI 48653
Phone: (989) 275-4975
[Activities & Classes](#)

Check for more Munson Health Classes
Community Health Education Calendar
www.MunsonHealthCare.org

Northern Health

Petoskey

Medical Weight Management Program

at a variety of dates and times

Burns Professional Building, Ground Floor

Fee: Free Introductory Sessions

Is weight affecting your health? If you're serious about losing weight, don't wait. The program is

medically supervised by the Northern Michigan Hospital Diabetes and Nutritional Counseling Center.

Contact : HealthAccess at 1.800.248.6777

or 1-800-847-3665

www.northernhealth.org

Diabetes Ongoing Learning Group

Second Monday of each month, 7:00 pm

Dean C. Burns Community

Health Education Center

360 Connable Ave.

A support group for patients with diabetes and their family members. Guest speakers periodically present the latest information related to diabetes.

Contact: HealthAccess @ 1-800-248-6777

Stroke Support Group

1st and 3rd Tuesday of the month

1:00 - 2:00 pm

Northern Michigan Hospital

Second floor Acute Rehab Conference Rm

A support program for patients and families.

Contact: HealthAccess @ 1-800-248-6777

Upper Michigan

Traverse City Nutrition: Latest Information

Wednesday, 12/5/07

9:00 am - 10:30 am

Munson Community Health Center
Conference Room A
550 Munson Avenue
Traverse City, MI 49684

Class covers the low fat, low sodium diet and its importance in the treatment of cardiovascular disease. It includes a review of the current research and a discussion on how to improve your lipid profile (cholesterol) and blood pressure from a nutritional perspective. Also discussed are complex carbohydrates and what happens when a person trials diets such as Atkins and the South Beach Diet.

www.munsonhealthcare.org/cgi-bin/WebObjects/mhc.woa/wa/PatientEdDA/EventDetails?id=1001876



Traverse City Nutrition: Food Ideas

Wednesday, 12/19/07

9:00 am - 10:30 am

Munson Community Health Center
Conference Room A
550 Munson Avenue
Traverse City, MI 49684

This class covers healthy cooking techniques for reducing fat, specific foods to look for at the grocery store, planning a menu and organizing your kitchen to prepare heart healthy meals. No Cost.

Contact: Mary McManemy, RN
(231) 935-8565 (phone) (231) 935-8609 (fax)
mmcmanemy@mhc.net

www.munsonhealthcare.org/cgi-bin/WebObjects/mhc.woa/wa/PatientEdDA/EventDetails?id=1001879

Traverse City Munson Diabetes Support Group 12/12/07

1:30 pm - 3:00 pm

(2nd Wednesday every month)

Munson Medical Center - Dining Room 2

For more information:
(231) 935-8200 or (800) 809-8127 (phone)
(231) 935-8215 (fax)
education@mhc.net

Free Healthy Lifestyle Programs (231) 935-6449

Last Wednesday of the month
Grand Traverse Mall's Community Room



Holiday Blessings!